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NEWS WORTH SHARING.

John Tory's inauguration on Tuesday was full of real moments that showed us, for the first time, a more personal side of Toronto's new mayor. TORSTAR NEWS SERVICE

Tory lets his true face show

His human side. From 'bagpipes and white people' to bridging divides, inauguration taught us a lot about life with our new mayor

LUKE SIMCOE
Metro Online

Toronto met John Tory the politician many, many months ago, watching closely as his long, tightly controlled campaign swept across the city.

On Tuesday, we saw Tory the man — bits of his real personality peeking through as he was officially sworn in as mayor.

It was one of the biggest things Siri Agrell noted as she watched the inauguration ceremony broadcast from city hall.

"During the campaign, I found him to be very scripted, and wisely so," said Agrell, vice-president at Toronto communications firm Pilot PMR and a former speechwriter for Premier Kathleen Wynne. "But (Tuesday), he was more off-the-cuff.

"He wasn't referring to his notes all the time. That's the best way to give a speech because it makes you seem more human."

For Agrell, the most telling moment of Tory's inaugural address was when he — sporting the chain of office around his neck — stepped off the podium to shake hands with former deputy mayor Norm Kelly.

"It makes for terrible TV. He just walked right out of the (camera) shot," she said. "But it was a nice thing to do."

Throughout his speech, Tory made references to his family, particularly his wife, Barbara Hackett.

While Rob Ford was criticized for parading his family in front of cameras during the low points of his tenure, Agrell believes Tory's familial affection appeared genuine.

"I really like it when politicians are genuinely in love with their spouses," she said. "And anyone who knows him will say the man truly loves his family."

While the event started out with "bagpipes and white people," Agrell said Tory's speech — which included references to those "with a skin colour different from (his) own" — showed the mayor was in touch with some of the divides, whether economic, racial or geographic, that plague the city.

"That in itself was such a relief," she said. "We're not going to spend the next four years name-calling and being divisive."

For more of Siri Agrell's take on Tory's performance during his inauguration, check out the Voices section on page 20

$11 an hour doesn't cut it in Toronto

Some argue it might be time to hike this city's minimum wage above the rest of Ontario PAGE 4

It's a rally for the Raps

The Raptors' season is off to a flying start, and their early success is creating a basketball boom for businesses around the city PAGE 8

This Hour Has 22 Years

From playing a dimwit Playboy Bunny to an opinionated old lady, Cathy Jones shares her favourite 22 Minutes moments from the past two decades PAGE 23

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NEWS 1

‘Just freakin’ build something’

‘Whatever works is what works.’
New Toronto Transit Commission chair Josh Colle ready for less talk, more action

LUKE SIMCOE
luke.simcoe@metronews.ca

Coun. Josh Colle, the new TTC chair, is ready to take his seat — and take action. TORSTAR NEWS SERVICE

Coun. Josh Colle hasn’t even started his new job as TTC board chair but he’s already sick of talking about transit.

“We’re still getting to know each other, but I think what the mayor and I have in common is that we want to stop talking about transit and start building it,” Colle said Tuesday.

Hand-picked by Mayor John Tory, Colle is being given the reins of a $1.6-billion operation that moves an estimated three million people a day. It’s one of city hall’s most high-profile gigs and comes burdened by political pitfalls, grumpy riders and crumbling infrastructure.

Fortunately, Colle has someone to turn to for advice. His father, Liberal MPP Michael Colle, had the job in the early ’90s.

“The great irony of him being chair and me being chair is that I’ve worked hard to get the Eglinton-Crosstown line going,” Josh Colle told Metro.

“Thirty years ago, my dad was fighting for the Eglinton subway, which got cancelled,” he said. “But as of right now, the tunnel-boring machines for the underground LRT are right at the spot where the excavation for the previous line was filled in.

“It speaks a lot to what’s gone wrong with transit in Toronto.”

During his inaugural address Tuesday, Tory pledged again to build SmartTrack, an electrified-rail project connecting Markham and Mississauga by way of Union Station, in the next seven years. He also committed to turning the much-discussed Scarborough subway extension into a reality.

For his part, Colle’s just happy to see shovels in the ground.

“I’m pretty agnostic about transit technology or mode. I’m not a subways versus LRT guy. Whatever works is what works,” he said. “Just freakin’ build something already.”

While much of the transit debate has been dominated by large-scale projects, Colle will focus on improving existing TTC service.

He wants to restore some of the service cut by the Ford administration, fast-track implementation of the Presto card system and add express buses to popular commuter routes.

“I talk a lot about the Dufferin bus, because it’s in my ward,” he said. “At peak hours, every single person is getting off on the main streets, and riders are wondering why we’re doing a milk run.”

Colle is also a proponent of timed transfers and believes any lost revenue can be offset by increased ridership.

While relatively small compared to things like SmartTrack, there are still price tags attached to Colle’s initiatives. To pay for them, Colle will have to make the case that North America’s least-subsidized transit system needs more funding.

“It’s not acceptable,” Colle said of the TTC’s public subsidy. “Transit isn’t some charity case. It’s the lifeblood of our economy and our city. If you want a thriving city, you’ve got to fund that infrastructure.”

Quoted

“Mostly, I’m just tired of the consultants and engineers getting rich off us while we don’t do anything.” Coun. Josh Colle, new chair of the TTC board

Construction of the Eglinton Crosstown LRT, one of the projects Josh Colle has supported along the way, started in 2011. TORSTAR NEWS SERVICE

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Hidden cameras. More charges laid in voyeurism probe

Ian Campbell
COURTESY TORONTO POLICE SERVICE

A Toronto man is facing 38 new charges in a voyeurism investigation that has been ongoing since the summer, as police have identified more people who may have been victimized.

Ian Campbell, 63, was charged in July with four counts of voyeurism after two people discovered hidden cameras recording their activities while staying in a home.

Police allege that photos and videos were taken in the washroom and other rooms of the Wilton Street apartment, in the Front Street and Lower Jarvis Street area.

Along with voyeurism charges, Campbell is charged with making and unlawfully possessing child pornography.

Police believe there may be more potential complainants who have yet to come forward. TORSTAR NEWS SERVICE

New victims

14

Campbell surrendered to detectives Monday at 51 Division after another 14 apparent victims were identified in the course of the investigation.

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The kinds of low-paying jobs remaining in North American cities tend to be in the service industry, like at restaurants and retailers. THE ASSOCIATED PRESS FILE

Different cities need different pay: Economists

'There's a real logic here.' Some argue that expensive cities like Toronto call for a higher minimum wage

It's a tale of two cities. The average price of a new single-detached house in Windsor this year? $335,590, according to the Canada Mortgage and Housing Corporation. In Toronto? $835,000.

The numbers point to something that most Ontarians already know: the cost of living varies wildly across the province.

What doesn't vary at all is the minimum wage. It's set at $11 for all of Ontario. But with economic inequality soaring in Toronto, in part due to a mix of low-wage jobs and high housing costs, some economists and policy researchers are starting to believe that employers in expensive cities should be forced to pay workers more.

The idea is relatively novel in Canada, but more than a dozen U.S. cities have already adopted local minimum wages, most in the last few years. In 2014 alone, 10 American municipalities have set local minimum wages, ranging from $10.10 in Las Cruces, N.M., to $15 in San Francisco and Seattle. San Francisco is the latest — residents there voted for a $15 wage basement in early November.

With their concentrations of wealthy employers and hard-up workers, cities are natural places to raise the minimum wage, argues Ken Jacobs, chair of the UC Berkeley Center for Labor Research and Education.

"There's a real logic here," he said. "Given the higher cost of living and the greater concentration of wealth in cities, they tend to have a higher capacity for a higher minimum wage and a greater need."

In Toronto, minimum-wage workers aren't distributed equally across the city. Research from the University of Toronto's Rotman School of Management found that in large swathes of the city's suburbs — namely north Scarborough and north Etobicoke — more than 50 per cent of workers are members of the "service class," where low wages are the norm.

TORSTAR NEWS SERVICE

In Toronto

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Estimate of how many Torontonians work for minimum wage

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TORONTO ON TRACK

This is the third in a five-part series exploring the neighbourhoods that surround Toronto's existing and proposed rapid-transit stations.

→ Tomorrow: Find out why there are more men than women in Toronto's downtown core and where all the single people are.

→ Online: Get caught up on the series and explore Metro's interactive tool yourself at metronews.ca/toronto-on-track.

We showed the Toronto on Track data project to a panel of transit experts. Here's what they saw.

LUKE SIMCOE
luke.simcoe@metronews.ca

5 transit station snapshots

1 A case to be made for LRT on Finch

With an average household income of $45,940 and an estimated 9,972 residents per square kilometre, **Driftwood Station** is both the poorest and densest station along the planned Finch West LRT. It's also an incredibly diverse neighbourhood, where Vietnamese, Spanish and Tamil are spoken in near equal numbers.

Although shovels are expected to hit the ground for the LRT in 2015, some councillors, including Ward 7's Giorgio Mammoliti, have mused about scrapping the project. Toronto's chief planner, Jennifer Keesmaat, stopped short of endorsing any particular option but said there's a strong demographic case for rapid transit in the area.

"One of the reasons why so much due diligence has been done to plan that LRT infrastructure is that when we look at the indicators for transit, they're all there for Finch," she said.

2 Time for Gardiner tolling?

Runnymede Station is the point along the western half of the Bloor-Danforth line where the dominant mode of commuting shifts from transit to driving. In the east, however, transit remains the most popular method of transportation all the way to Kennedy Station. Spacing magazine editor Dylan Reid believes the discrepancy makes a case for tolling the Gardiner Expressway.

"If you live out in Victoria Park and the Danforth, good luck getting downtown in a car. Whereas in the west, people can just hop on the Gardiner," he said. "It creates an incentive in the west to not use transit, but in the east there's no alternative.

"That tells us that we should be pricing that. It's a really valuable thing that the rest of Toronto is subsidizing. People in the west are using the Gardiner because it's free. Those people are rich. They can totally afford it and they're benefiting from a privilege that other people don't have."

3 Dense core made for walking

Fifty per cent of people who live near **St. Andrew Station** walk to work, the highest percentage of the entire transit network. Another 27 per cent take transit, and only 16 per cent drive.

"The city core is extremely dense, it's transit-oriented, it's walkable.... People are using transit, or because of the dense, mixed-use development, people are walking," said University of Toronto geographer Matti Siemiatycki.

4 The importance of networking

Leslie Station on the Sheppard Line has the second-highest percentage (59 per cent) of nearby residents who drive to work of any stop on the existing subway network. While some see this as evidence of the Sheppard Line's failure to attract riders, Keesmaat believes it's actually a case for better integration across the network.

"It tells a really important story about good transit planning," she said. "Good transit is networked-based; it always links in to a larger network. You'd see a much larger movement along Sheppard if that corridor linked to Scarborough Town Centre. Right now people have to move south to move west."

5 The rise of bicycle culture

Cycling is most popular around **Christie Station**, where over 17 per cent of nearby residents bike to work.

Siemiatycki said there's a shift away from the car, partly due to practical reasons such as congestion and cost, and partly due to a growing biking culture.

"For younger people, the car is not as much of a status symbol as ... it was in the '50s and '60s, even up to the '90s. We're starting to see the car as more of an appliance — we use it when it's convenient, but there are other options," he said. "We're also seeing the rise of bicycle riding and bicycle culture.

"It's worth keeping in mind that these shifting cultures and pursuits are very specific, not universal. They depend on where in the city you live and income levels and the like."

A cultural shift toward the bicycle doesn't apply to someone who works in a distant cluster of office buildings or in a vehicle-dependent trade, Siemiatycki said.

PHOTOS: TORSTAR NEWS SERVICE FILE/ISTOCK

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Stacey Dicion, a retailer at Real Sports Apparel at Air Canada Centre, is ready to sell some jerseys — something that's become a bit easier these days. DAVID VAN DYKE/METRO

Raptors' success spills off the court

'We The North.' The Raptors are off to their best start in franchise history, and their winning ways are paying off city-wide

GILBERT NGABO
gilbert.ngabo@metronews.ca

The Toronto Raptors' season is off to a flying start, and their success is having a noticeable impact around the city.

Some jerseys at Real Sports Apparel are selling for $124.99, up from $99.99 a year ago. Businesses around the Air Canada Centre are also benefiting.

The Houston Avenue Bar & Grill, for example, is now seeing "a lot more customers when there is a game than on other days for sure," said Holly Waxman, the venue's hostess and events co-ordinator.

For only the second time in franchise history, the Raptors have sold out of season tickets.

With the best record so far in the Eastern Conference, Raps head coach Dwane Casey was named the conference's coach of the month for November on Monday. Just two weeks ago, backup guard Lou Williams nabbed the player of the week title.

"This is obviously a very exciting time in Raptors history," said Dave Haggith, senior director of communications at Maple Leaf Sports and Entertainment, the Raptors' parent company.

Season ticket sales have hit 12,500, upwards of 4,000 more tickets than last year. The last time season tickets sold out was in 2001 when Vince Carter was a dominant face for the franchise.

Tickets prices have gone up, too, though Haggith said it's more of a natural progression of the market than a reflection of the team's success.

The "We The North" campaign that kicked off last year during the playoffs has now gained momentum. The fans want to see a good product and, for them, winning is a great reward, said Haggith.

Other rewards that come as part of the package: more sponsorships and record TV ratings — and, of course, a boosted web presence.

Google Trends shows the Raptors are generating more online search interest than any other sports team in the city, with searches doubling over last year.

"It's both a result of their success and the celebrity support effect from Drake," said Aaron Brindle at Google Canada.

Canadian rapper Drake is the Raptors' official ambassador.

In sports

The Raptors are finding success a year after trading former star Rudy Gay.

More Raps coverage on page 31.

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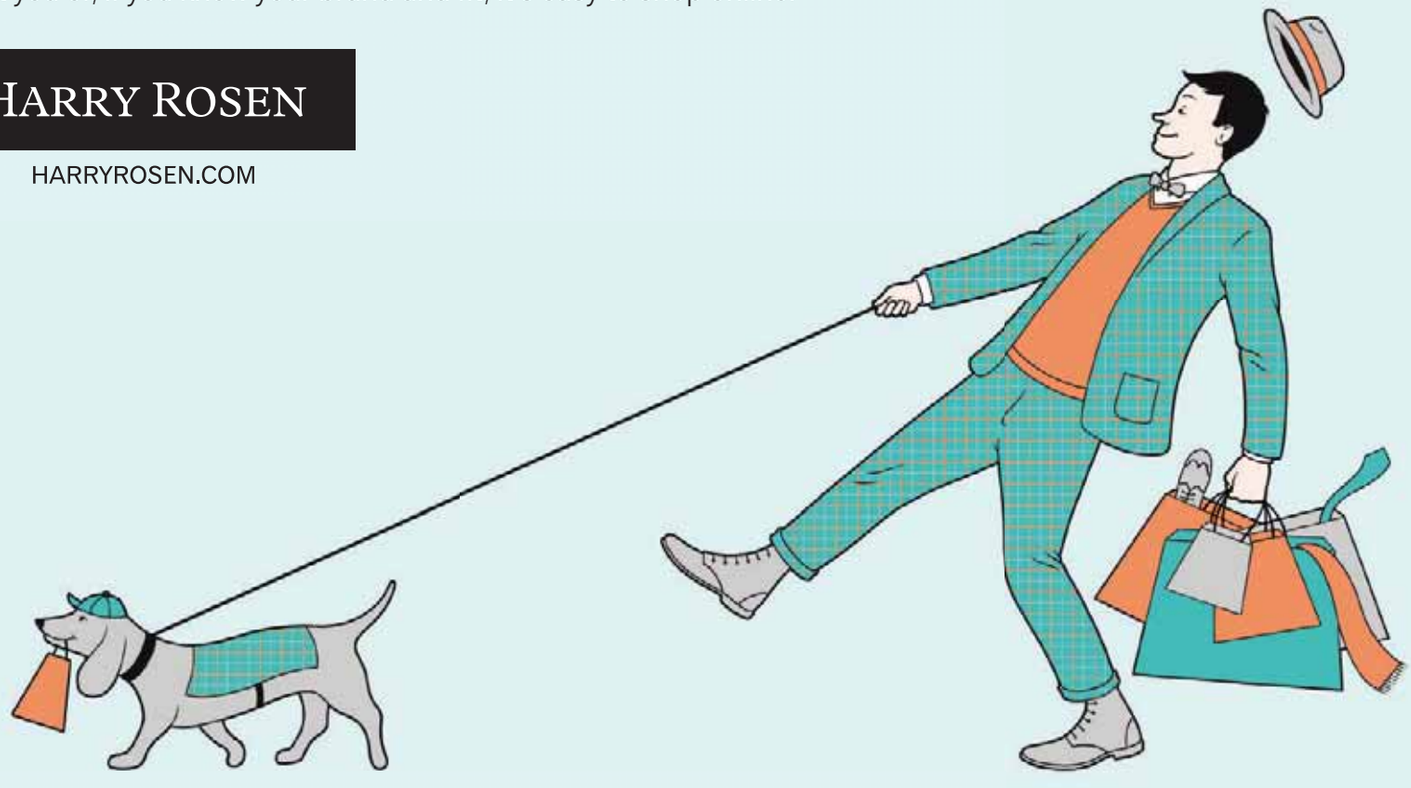

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Metro helps reunite photographer with gear

Toronto photographer Alejandro Santiago has been reunited with his camera equipment after a Metro story described how a taxi driver drove off with his luggage. Akrem Mohammed, the owner of a company that rents credit and debit machines, contacted Metro and Santiago to say the cab driver involved had used one of his machines. Mohammed tracked down the driver, and Santiago's equipment was brought to a police station, where he picked it up — dusty, but intact — last week. Santiago had launched a $3,500 crowd-funding campaign to replace his equipment. He said he tried to return the money donated, but many people don't want it back. So, he's hoping to use the money for a photography exhibit next year. DAVID VAN DYKE/METRO

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Public forums set for ward reviews

Draw the lines.
Residents can also give feedback online

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

If you have an opinion on how many city councillors Toronto should have or where the ward boundaries should be drawn, now's the time to express it.

Public meetings are planned across the city this month and in January for people to give input on how ward boundaries should be redrawn and how many wards there should be. That input will contribute to council's decision on the issue in 2016, ahead of the 2018 election.

Torontonians can find the meetings list and give feedback in a survey at drawthelines.ca.

A change to the geography of wards — and a change in the number of wards — is a political issue for councillors.

Beate Bowron is project lead for the consultants who have been hired as an independent body to conduct what's called the Toronto Ward Boundary Review. She said the group has already spoken to all city councillors and other involved groups.

"All I can say is the opinions vary widely on the subject of whether or not there should be many fewer wards or there should be more wards than there are now," Bowron said.

Last spring, as mayor, Rob Ford attempted to get council to recommend the city's 44 councillors be cut in half. The idea was defeated.

Another issue is resolving the disparity between the number of voters in the wards.

"Generally, a voter in one ward has to have an equal right to elect a councillor as a person in another ward," Bowron said.

"If in one, there are only 44,000 (people) and in another ward there are 88,000 — in the 88,000 ward, their vote is not worth as much as the person in the smaller ward," Bowron said.

Crash involving school bus sends woman to hospital

A woman in her 40s was rushed to hospital Tuesday after being hurt in a crash involving a school bus and nine other vehicles near Birchmount Road and Eglinton Avenue E. Toronto Police said emergency crews were called to Civic Road and Sinnott Road at about 1:40 p.m. The woman was taken to Sunnybrook Hospital in serious condition, but police later confirmed her injuries were non-life-threatening.

TORSTAR NEWS SERVICE

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Social assistance

'Glitch' now being called a 'serious problem'

Ontario's social-assistance computer snafu — which handed out too much money in some cases and not enough in others — has gone from being called a minor glitch to a "very serious problem" in 24 hours.

Peppered with questions for a second day in the legislature, Premier Kathleen Wynne's answers Tuesday took on a more serious tone compared to earlier when the computer problem was called a "glitch." Problems with the new $240-million Social Assistance Management System software platform resulted in $20 million in overpayments to 17,000 individuals or families last week. Others received no money or as little as $5. Opposition critics accused the government of covering up the problem.

"Your own confidential ministry documents show problems were identified last October, a year ago. You had to delay implementation in March and then again in July," Progressive Conservative MPP Bill Walker said in the legislature. TORSTAR NEWS SERVICE

More aboriginal women behind bars, study finds

Over-representation. Number of aboriginal women behind bars in federal institutions grew 97 per cent from 2002 to 2012, study shows

Emily, an alcohol-addicted young Inuit woman racked by painful memories of sexual abuse, went to jail for manslaughter in 2009 — joining what a newly released report calls one of the fastest-growing segments of Canada's prison population.

The number of aboriginal women who were locked behind bars in federal institutions grew a staggering 97 per cent between 2002 and 2012, the study by the federal Justice Department concluded.

By comparison, the number of aboriginal men increased by a comparatively small 34 per cent during that time.

"Aboriginal women are particularly overrepresented as offenders in female institutions and correctional services," said the 2013 report, obtained under the Access to Information Act.

"This representation has been growing in recent years and at a faster rate than aboriginal male offenders."

The focus of the study is female aboriginal offenders — a group largely neglected by other research, the study concedes.

"The over-representation of aboriginal people in the Canadian criminal-justice system has been acknowledged as one of the most challenging aspects facing the justice system today," it reads. "However, much of the attention to this over-representation has been focused on aboriginal people as a whole, without giving appropriate attention to the unique situation of aboriginal women as offenders."

The report found common threads among aboriginal women in the criminal-justice system. They tended to be slightly younger than non-aboriginal women, had less education and struggled to find work. Substance abuse was also rife among female aboriginal prisoners. The study found aboriginals represent 34 per cent of all female and 22 per cent of all male prisoners in federal institutions. The numbers were slightly higher for both aboriginal men and women in provincial and territorial facilities.

Kim Pate, executive director of the Canadian Association of Elizabeth Fry Societies, said a number of factors — including mandatory minimum sentences and more limited conditional-release options — add up to a higher incarceration rate for society's most marginalized people. THE CANADIAN PRESS

Offences

The study also sheds light on the crimes that landed the aboriginal women covered by the study behind bars.

- Two out of every three aboriginal women were put into federal custody for violent crimes, such as assault, robbery, sexual assault, criminal harassment and murder.
- That number drops to one in three for non-aboriginal women, leading to the conclusion that aboriginal women were more likely to have been admitted to custody for a violent offence.

Hospital employee in Halifax faces charges

Scott Christopher Goreham leaves Halifax Provincial Court on Tuesday. Halifax public-health authorities say the allegations of an employee sexually assaulting a sedated patient marks the first time they have dealt with something like this. Halifax Regional Police charged Goreham, 43, with sexual assault Tuesday in relation to an alleged incident at the Queen Elizabeth II hospital on April 15. Police say an 18-year-old woman was being prepared for surgery when a male hospital worker allegedly saw Goreham, a patient attendant who was assisting the procedure, inappropriately touch the woman.

PHOTO: JEFF HARPER/METRO IN HALIFAX
STORY: HALEY RYAN/METRO IN HALIFAX

Senators urge national debate on assisted suicide

MP Steven Fletcher discusses the next step in physician-assisted death legislation. THE CANADIAN PRESS

Thwarted in his efforts to force the House of Commons to debate the issue of assisted suicide, Manitoba Conservative MP Steven Fletcher has gone down the hall for some help.

Two senators, one a Conservative, the other a Liberal, are taking over Fletcher's bid to make physician-assisted death legal under Canadian law, introducing a bill on the subject in the upper chamber.

"This is an opportunity in fact for the Senate to shine, to demonstrate why the Senate is there," said Fletcher, who became a quadriplegic after a car accident in 1996.

"They are dealing with an issue that obviously most elected representatives do not want to deal with. Moreover, I think the mere fact that it's now going to be debated in Parliament will increase public awareness."

Conservative Sen. Nancy Ruth is introducing the bill with the support of Liberal-appointed senator Larry Campbell.

Ruth said her aim is to have it passed through the Senate by spring and then handed over to the House of Commons.

THE CANADIAN PRESS

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This photo taken on Oct. 27 shows a view of Zaliv, a ship-building factory in Kerch, Crimea. The ship-building factory was forcibly seized from its Ukrainian owners by a Russian company in August. LAURA MILLS/THE ASSOCIATED PRESS

Crimean businesses seized, Ukraine says

Hostile takeover. Around 4,000 enterprises reportedly expropriated since Russia annexed Crimea eight months ago

One day in October, a dozen armed men in masks drove up to the gates of Yalta Film Studios. They weren't actors, and this was not make-believe. It was a hostile takeover.

"They forced all the employees onto the ground, sealed off the premises and halted the work of the studio," said owner Sergei Arshinov.

Nestled in the hills overlooking the Black Sea, the studio — which owners have sunk $16 million into since 2004 — is just one of thousands of businesses seized from their owners since Crimea was annexed by Russia eight months ago. Crimea's new pro-Moscow leaders say the takeovers, which they call nationalizations, are indispensable to reverse years of wholesale plunder by Ukrainian politicians and oligarchs.

But an Associated Press investigation throughout this peninsula the size of Massachusetts found many instances of less noble practices: legal owners strong-armed off their premises; buildings, farms and other prime real estate seized on dubious pretenses, or with no legal justification at all; non-payment of the compensation mandated by the Russian constitution; and targeting of assets belonging to or used by the Crimean Tatar ethnic minority and the pro-Kyiv branch of the Orthodox Church.

In a preliminary estimate, Ukraine's Justice Ministry said that around 4,000 enterprises, organizations and agencies have had their property expropriated.

Some holdings, from shipyards to health resorts, were publicly earmarked for repossession by Crimea's regional government, now part of the Russian Federation. Others were simply seized by armed men, sometimes carrying official decrees that were never published or had no documentation at all.

Crimea's Russia-installed prime minister, Sergei Aksyonov, says the nationalization law enacted Aug. 8 seeks to right wrongs committed by officials in Ukraine, where a lot of state property was sold off at bargain prices because the government was broke.

"Over the past 10 years, the majority of state property was illegally stolen from the government," Aksyonov said. "Enterprises were privatized via fraudulent schemes and the state didn't receive any money."

THE ASSOCIATED PRESS

Quoted

"They forced all employees on the ground, sealed off the premises and halted the work of the studio."

Sergei Arshinov, owner of Yalta Film Studios

Property grab

In June, a 34,600-acre farm was taken by armed men with signed documents from Russia-installed PM Sergei Aksyonov, stating the $1.6-million farm was being nationalized. This has not been the only instance.

- **Pro-Kyiv.** Those still loyal to Ukraine have been stripped of their assets, notably Ihor Kolomoisky, who has had 65 of his properties taken.
- **'It's a robbery.'** Yalta Film Studios says they convinced the men to leave but have been unable to register as a Russian business and will legally lose the right to stay in business after Jan. 1. The studio has been offered $1M in compensation.

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6064 Yonge Street
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Possible wife, son of ISIL leader detained

Lebanon. If their identities are confirmed, officials may use the pair as bargaining chips

Lebanese authorities detained a woman and young boy believed to be the wife and son of reclusive Islamic State group leader Abu Bakr al-Baghdadi, and were questioning the woman and conducting DNA tests on the child, senior Lebanese officials said Tuesday.

If their identities are confirmed, Lebanon may use the pair as bargaining chips to win the release of soldiers and police taken hostage by the extremists in cross-border attacks earlier this year.

The woman, identified as an Iraqi, and child were taken into custody 10 days ago while carrying fake ID, officials said.

Very little is known about al-Baghdadi's personal life, including how many wives and children he has. Conservative interpretations of Islam allow men to marry up to four wives. The Islamic State group did not immediately comment on the detentions, but the faction's supporters on Twitter and militant websites cast doubt on the reports.

This image purports to show the leader of the Islamic State group Abu Bakr al-Baghdadi delivering a sermon at a mosque in Iraq.
MILITANT VIDEO/THE ASSOCIATED PRESS FILE

Adding to the confusion, the Lebanese army did not release an official statement regarding the pair.

A Lebanese military official identified the woman as Saja al-Dulaimi who was held by Syrian authorities and freed in a prisoner exchange with the Nusra Front, Syria's al-Qaida-linked branch, earlier this year. The official said the woman "confessed during interrogation" that she was al-Baghdadi's wife.

The officials spoke on condition of anonymity in line with regulations.

In March, the Nusra Front freed more than a dozen Greek Orthodox nuns in exchange for the release of dozens of female prisoners by the Syrian government. A woman named Saja al-Dulaimi was reportedly on the list of prisoners freed by Damascus. THE ASSOCIATED PRESS

Earth's changes

4.9 trillion tons of ice lost since '92

In the more than two decades since world leaders first got together to try to solve global warming, life on Earth has changed, not just the climate. It's gotten hotter, more polluted with heat-trapping gases, more crowded and just downright wilder.

The numbers are stark. Carbon dioxide emissions: up 60 per cent. Global temperature: up six-tenths of a degree. Population: up 1.7 billion people. Sea level: up three inches. U.S. extreme weather: up 30 per cent. Ice sheets in Greenland and Antarctica: down 4.9 trillion tons of ice.

"Simply put, we are rapidly remaking the planet and beginning to suffer the consequences," says Michael Oppenheimer, professor of geosciences and international affairs at Princeton University.

Diplomats from more than 190 nations opened talks Monday at a United Nations global warming conference in Lima, Peru, to pave the way for an international treaty they hope to forge next year.
THE ASSOCIATED PRESS

Ferguson rioting

Police investigate Michael Brown's stepfather

Police are investigating Michael Brown's stepfather for angry comments made to a Ferguson crowd after a grand jury decided not to indict the police officer who fatally shot his stepson.

St. Louis County Police spokesman Brian Schellman said Tuesday that police want to talk to Louis Head about his comments as part of a broader investigation into arson, vandalism and looting that followed the Nov. 24 grand jury announcement. Twelve commercial buildings were destroyed by fire.

Widely-circulated video showed Brown's mother, Lesley McSpadden, on top of a car and breaking down as the announcement blares on a stereo. Head, her husband, comforts her then repeatedly yells angry comments, including "Burn this bitch down!"

Family attorney Benjamin Crump has called the reaction "raw emotion," but "completely inappropriate."
THE ASSOCIATED PRESS

No purchase necessary. Contest open to Canadian residents who have reached the age of majority in her/his province/territory of residence before November 18, 2014 (**"Eligible Participants"**). Eligible Participants will be automatically entered into the contest upon making a new flight booking exclusively on the Canadian consumer edition of aircanada.com between November 18, 2014, at 12:01 a.m. EST and December 8, 2014, at 11:59 p.m. EST. The Eligible Participant who will be entered into the contest will be the person who makes the new flight booking and provides his/her contact information at time of booking. Aeroplan membership is not required for contest eligibility but will be required in order to claim all prizes. Ninety-one (91) prizes consisting of: One (1) grand prize of one million (1,000,000) Aeroplan Miles and ninety (90) secondary prizes of one hundred thousand (100,000) Aeroplan Miles for a total of ten million (10,000,000) Aeroplan miles are available to be won. Eligible Participants will be selected by random prize draw. Odds of winning depend on the total number of eligible entries received. Additional terms and conditions apply. Skill-testing question required. Visit **aircanada.com/10millionmiles** for full contest rules and regulations including how to enter without making a purchase. ®Aeroplan is a registered trademark of Aimia Canada Inc.

CONTRIBUTED

Do we need a national childcare strategy?

Child care is a challenge for many working parents

Close to 70 per cent of mothers with kids under five in Canada are working. But for many of them, access to quality child care is simply beyond their reach.

In most of Canada, the cost of placing a toddler in child care is $800 to $1,000 a month — which means that, after housing, child care is the second-highest expense. At the end of the month, for many families, the bottom line just doesn't add up.

But affordability isn't the only issue working parents face. Even in Québec, where child care is currently $7 a day — pending recent provincial government proposals to change that program — there simply aren't enough spaces available. Today, only 1 in 5 children in Canada has access to a licensed day care. At the current growth rate, it would take 52 years to provide enough regulated child-care spaces to all the kids who need them.

CHILDCARE 2020

The labour movement has partnered with many key organizations advocating for more access to child care, for all Canadians. The movement also supported the recent Childcare2020 conference which aimed to identify a common vision of child care in Canada. Visit childcare2020.ca.

The labour movement has worked to improve the lives of working Canadians for decades — after all, it was the unions that secured parental leave and health benefits. More recently, the labour movement has been at the forefront of the call for more accessible and affordable child care, for all Canadians.

Some people question the benefit of investing in publicly funded child care, for the country at large. Can we afford it? But the results of Québec's childcare program offer convincing proof:

- Québec's $7 childcare program increased the number of women in the workforce by 3.8 per cent, which meant an extra $5.2 billion to the provincial economy.
- The median after-tax income of single mother families in Québec shot up by 81 per cent, and the relative poverty rate dropped by 39 per cent.

Study after study has shown the potential social and economic benefits, for all of Canada. A recent TD Bank study found that for every $1 invested in child care, provincial and federal governments receive $1.50 in increased tax revenues alone. In addition to those economic benefits, quality child care is directly linked to the health and well-being of our children. What could be more important?

Everyone benefits when parents can to go to work knowing their kids are safe and well cared for, but millions of parents are struggling to balance their work and family lives.

To learn more about what the labour movement is doing to improve access to child care and promote a national childcare strategy, go to fairnessworks.ca.

ONLY 1 IN 5 CHILDREN IN CANADA HAS ACCESS TO A LICENSED DAY CARE. IS THAT FAIR?
The labour movement is working for more accessible child care. And a fairer future for all Canadians. See how at ▾
FAIRNESS WORKS
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Giving people a voice

British theoretical physicist Prof. Stephen Hawking speaks to members of the media on Tuesday at a news conference in London. The system that helps Stephen Hawking communicate with the outside world will be made available online from January in a move that could help millions of motor neuron disease sufferers, scientists said Tuesday. The wheelchair-bound physicist, who shot to international fame in the 1980s with his book A Brief History of Time, hailed the decision by U.S. tech giant Intel. JUSTIN TALLIS/AFP/GETTY IMAGES

Breaking the glass ceiling

Ontario. Province hopes to encourage companies to appoint women to boards, senior management

Ontario is changing securities rules in hopes of getting more women appointed to corporate boards and promoted to senior management teams.

Starting Jan. 1, companies must disclose the number of women on the board and in executive officer positions, policies regarding the representation of women at the director level and director term limits.

Finance Minister Charles Sousa says the rule changes will result in the promotion of more women through a "comply or explain" model, rather than using specific quotas.

Of 448 companies that responded to a government survey, 57 per cent have no women directors, and 53 per cent have women in fewer than 10 per cent of their executive officer positions.

Women make up 48 per cent of the workforce but account for only about 16 per cent of board members of Canada's FP500 companies.

Sousa says having more women on companies' boards and in senior management will make corporations more productive, help attract new investment and grow the economy. THE CANADIAN PRESS

World. Economies down in countries hit hard by Ebola

The international response to Ebola is still too slow and piecemeal, Doctors Without Borders warned Tuesday, as officials said the disease is crippling the economies of the three West African countries hardest hit.

The vast majority of Ebola infections are in Guinea, Liberia and Sierra Leone, poor countries that have been left to handle the crisis without sufficient help, said Doctors Without Borders.

In response to the crisis, the World Bank lowered growth projections again on Tuesday for the hardest-hit countries.

Guinea's economy will grow just 0.5 per cent this year, down from an expected 4.5 per cent before the crisis, the bank said. Sierra Leone is expected to register four per cent economic growth, down from a pre-crisis expectation of 11.3 per cent, while Liberia will see 2.2 per cent growth, down from 5.9 per cent.
THE ASSOCIATED PRESS

Grew 45% from 2012

Canada's clean energy sector up

Canadian investments in clean energy totalled $6.5 billion last year, a 45 per cent increase from 2012, according to a new study released Tuesday.

More than half the Canadian investment — $3.6 billion — went into wind power, with another $2.5 billion invested in the solar sector, says Clean Energy Canada, an advocacy and research organization.
THE CANADIAN PRESS

Market Minute

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VOICES

Tory speech politics as usual: Expert

LUKE SIMCOE
luke.simcoe@metronews.ca

Even though it showcased his sense of humour and love of family, John Tory's inaugural address was still an exercise in politics, says one communications expert.

Siri Agrell is the vice-president of Pilot PMR in Toronto and a former speechwriter for Premier Kathleen Wynne. She says the new mayor's picks for his executive committee and the way he paid tribute to his predecessor was a clever strategy to pre-empt criticism from Rob Ford and the few allies he still has on council.

During his speech, Tory moved an impromptu motion asking council to thank Ford for his service to the city, wishing him a return to good health.

"The biggest threat that he faced early on was having a shadow mayor in the form of Rob Ford. You don't want a very public, very vocal former mayor as official opposition," Agrell said. "In what he did today, he smartly defused that. He paid tribute to Ford in such a way that it would be difficult for him to go in front of the cameras afterwards and say he's a terrible mayor."

That said, Agrell questioned the optics of applauding a man who smoked crack cocaine while in office and turned Toronto into a late-night television punchline.

"It sends a disheartening message," she said. "It says, 'As long as you're not arrested, your colleagues will still smile and clap for you at the end of the day.'"

Agrell felt Tory's picks for positions in municipal cabinet were part of the same strategy. He appointed a number of former Ford allies, while largely panning council's left flank. Critics claimed progressive voices were being shut out, but Agrell believes Tory was simply hedging his bets, alienating the left to avoid retribution from the right.

"The people on the left side of the equation will continue to work towards what they want to achieve, but if you spurn people on the right there's a greater possibility that they'll make life difficult for you," she said. "There's an attitude, exemplified by the Fords, of 'I would rather burn this place down than help it function in a way that's not ideal for me.'"

Agrell described Ford's swearing-in four years ago — which featured Don Cherry ranting against "pinkos who ride bicycles" — as a "declaration of war." Tory's inauguration was a stark contrast, even down to his tailored suit.

"Every time I see Tory in a white shirt, I always wonder how much it cost," she joked.

While Tory's choice of dress hasn't helped fend off jabs at his elitism, Agrell believes his sartorial sense may actually help him govern.

"We shouldn't judge politicians by the way they look, but we do," she said. "And when they don't present themselves well, it becomes a distraction. We'll talk about a female politician's pantsuits more than what they're doing in office. We'll talk about Rob Ford's weight and not his damaging policies.

"Just by being a handsome man in a nice suit, Tory takes away everything else we could be talking about. He's such the norm that we kind of have to focus on what he's doing."

... And he's probably reading this page today

Twitter user @earvinsolitario snapped this photo of Mayor John Tory reading coverage about himself in Tuesday's Metro. TWITTER: @EARVINSOLITARIO

FORGO THE LINE THIS XMAS — GO ONLINE

Metro's Irene Kuan makes the case for avoiding malls this holiday season

IRENE KUAN
Metro Online

If you're a retailer that's yet to open a virtual store, then you better get online because the Christmas hordes are coming — just not by foot.

One third of Canadians plan to turn to the Internet to do most of their holiday shopping this year, according to a series of polls conducted by MasterCard, Ipsos Reid and Google. And I'm one of those shoppers.

I love shopping, but this holiday season, I can confidently say I will not be visiting any shopping malls. The only way I will be buying all my gifts is online.

The trend of people shopping from the comfort of their own homes rather than going into stores has contributed to a drop in Black Friday retail sales in the U.S. for two consecutive years, according to the National Retail Federation.

I don't think I'm alone when I say I've always hated braving the crowds, not to mention dealing with grumpy and exhausted sales people. Plus, some of the online incentives offered by retailers are hard to pass up, like exclusive deals not available in-store.

The malls will be less crowded this Christmas, as a reported one third of Canadians plan to do their shopping mostly online. STEPHEN CHERNIN/GETTY IMAGES

I'm not being a Scrooge, in case any of you think the maddening rush at the mall is part of getting into the holiday spirit. Online shopping for me isn't just about avoiding the mall. It's about the convenience of that one-stop shop that saves me time, and the border-free access to purchase hard-to-find gifts that I probably can't even get at any store in my city.

So far this month, I've purchased gifts from the U.S. and New Zealand, which are expected to arrive in five to 10 days, all without leaving my condo.

Retailers that have yet to jump online are facing some tough competition, not only because of their physical limitations, but because virtual stores are offering perks that are similar or better, like free worldwide shipping, free returns and free gift-wrapping, as well as samples at checkout.

Most deals in stores can also be found online, and brick-and-mortar retailers know this.

Yorkdale Mall even offered the first 100 customers to arrive at their door on Black Friday a $50 gift card. Meanwhile Amazon rolled out deals every 10 minutes on Cyber Monday. How can stores compete?

So if you're still a web-shy retailer, take note: if you get tech-savvy, I — along with those one third of Canadians — could be enticed back to you.

Guilt-free shopping

If you feel guilty that all those seasonal-sales people will be out of a job this Christmas — don't be. Amazon said it plans to hire 80,000 workers to fill their warehouse during the busy holiday season.

metro
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This Hour has 22 years

TV Special. As CBC's satirical series turns 22, Cathy Jones, the show's only original member, shares the sketches she loves best

MARK BRESLIN
scene@metronews.ca

Cathy Jones, second from right, and the This Hour Has 22 Minutes cast. RILEY SMITH

This year marks the 22nd season of This Hour Has 22 Minutes, the satirical sketch show on CBC that's Canada's version of Saturday Night Live.

The show may not be live, but it certainly is lively, with comedians like Mary Walsh, Shaun Majumder, Rick Mercer, Gavin Crawford and Colin Mochrie skewering our sacred cows over the past two decades.

No one represents the talented cast more than Cathy Jones, who is the only original actor still with the show.

With an hour-long 22 Minute special airing next Tuesday at 8 p.m., and a This Hour has 22 Years — Live in Toronto event on Thursday, we sat down with Jones to discuss her favourite moments from the show's two decades plus two years:

Greg Toomey's Playboy Grotto

"I was a dimwit bunny from Newfoundland, and he's interviewing me, and I got to wear these ridiculously huge breasts … Those sketches were so much fun to do!"

Mrs. Enid and Mrs. Eulalia

"When Mary Walsh and I would do these two old ladies, we'd get so close to each other — we were like two magnets that would repel and attract each other. Doing those sketches got me so close to Mary and it seemed to be everybody's favourite sketch."

The Quinlan Quints

"… And, there were only four of us! No one ever said what happened to the fifth sibling! They were raucous, over-the-top and had the feeling of something totally unstoppable and crazy. One time Mary had to wear a dog cone around her neck. We couldn't stop laughing!"

Angry Yoga

"I've always been the one in the troupe that likes to deal with 'groovy' ideas and this was a sketch that played right into my interests. The premise has me as a yoga teacher that keeps getting angrier and angrier, which conflicts with the 'grooviness' of the character. Lots of YouTube hits on this one."

Ida Smithe-Bishop

"I did this one with the fabulous Gavin Crawford. We played a couple of Brits with ridiculous accents and extreme dental prosthetics. Gavin was just so great to work with."

Keeping up with the Jones

When congratulated on her 22 Minutes longevity, Cathy Jones is quick to remind she was also on the show's predecessor, Codco, for six years, meaning she's been on the air continuously for a staggering 28 years.

She says the secret to the show's success — in addition to the acting and writing — is that it is shot in Halifax, geographically removed from network politics and at a safe distance to allow it to flourish.

Cathy Jones
RILEY SMITH

SCENE

Allison Williams ready to soar as Peter Pan

Live television. The Girls actor realizes a childhood dream as she takes the lead in NBC's Peter Pan Live! musical

"Losing your shadow — What is *that* about?" muses Allison Williams. "As a kid you just accept it. But as an adult, I've spent a lot of time thinking about what it means."

Williams, at 26 best-known for the HBO series Girls, feels her life since childhood has pointed toward Thursday at 8 p.m. EST, when she (and her shadow) will headline NBC's Peter Pan Live!

As a toddler, she was already listening to the Broadway recording of Peter Pan, and she viewed the 1960 NBC telecast starring Mary Martin countless times.

She even played Peter Pan with her grandparents.

"It was the only way they could get me into the bathtub," she recalls. "My grandmother would be Wendy, and she would take a toothpick and dental floss and pretend to sew my shadow on while I was splashing around. My father was Captain Hook. That was our game."

Soon after last November's triumphant live telecast of The Sound of Music, NBC declared Peter Pan as this year's musical.

"From the second they announced it, I was emailing my agents constantly. I was sending them tapes of me singing Never Never Land."

Then she learned that Christopher Walken had been signed as the villainous pirate Captain Hook.

"I thought, 'What a cool choice!' And my desperation level went through the roof. Then finally the call came this summer, 'Would you like to do Peter Pan?"'

Here was a dream role that called for Williams to sing, dance, fight, master a British accent and, most challenging of all, fly.

"At first, to face a specific direction was hard. To land without looking down was hard. To maintain your body in a position where people don't see the harness was hard. Then you want to put your own personality into the flying style, to come up with tricks and positions that are original."

And working all this out, "you can't be up there too long at a time," she adds, "or you'll get sore. But it's soooo great. It's wickedly fun!"

It's as if she were born to be aloft in this role, and clearly she deems it a sacred trust, one about to come true, live, for an audience of millions.

"I will take very, very good care of Peter," she vows. "I promise. I promise."

THE ASSOCIATED PRESS

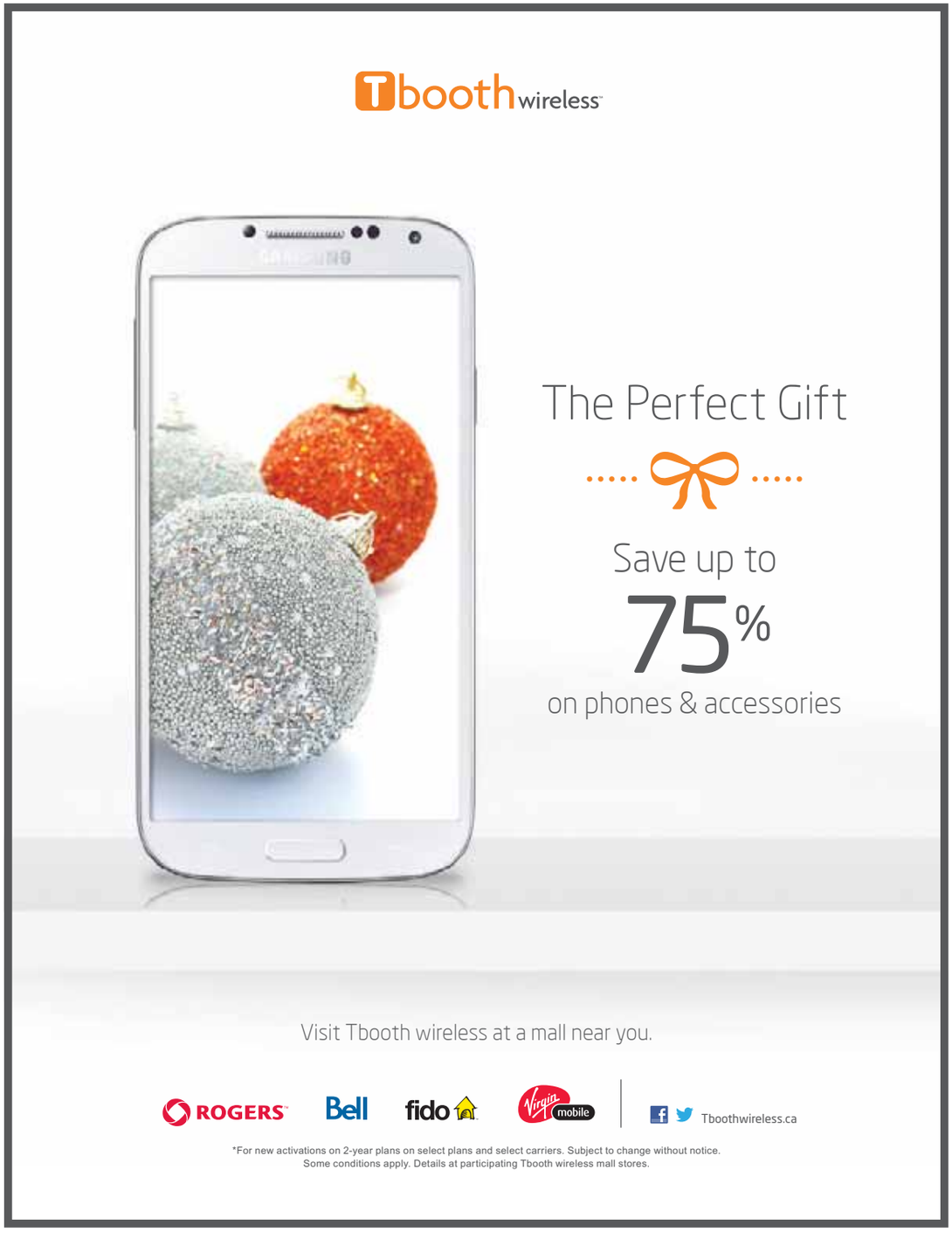
Allison Williams as Peter Pan in the musical version of Peter Pan Live!

VIRGINIA SHERWOOD/NBC/THE ASSOCIATED PRESS

Quoted

"My grandmother would be Wendy, and she would take a toothpick and dental floss and pretend to sew my shadow on while I was splashing around. My father was Captain Hook. That was our game."

Allison Williams on playing Peter Pan with her grandparents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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Scarlett's secret wedding no secret anymore

NED EHRBAR
Metro in Hollywood

Avengers star Scarlett Johansson managed to pull off the ultimate celebrity achievement: the secret wedding. She and Romain Dauriac reportedly tied the knot Oct. 1 in Philipsburg, Mont., less than a month after the birth of their daughter — and no one in the press caught on, according to Page Six.

"They kept the wedding a big secret because they both wanted privacy," says a source with a firm grasp of the obvious. Johansson started introducing Dauriac as "my husband" at the Gotham Awards earlier this week, and Dauriac was spotted wearing a wedding ring in early October and Johansson had one on in public last month. So really, this one's on us for not catching it earlier.

Christian Bale ALL PHOTOS: GETTY IMAGES

Christian Bale sure knows how to burn big-time show-biz bridges

Christian Bale is a big fan of privacy and not a big fan of tabloids. But you know what he's also not a big fan of? Fellow celebrities complaining about privacy and the tabloids.

Bale tells the Wall Street Journal that George Clooney — who Bale concedes is "a movie star" — needs to pipe down when it comes to the invasive press. "It's boring, isn't it? You know what I mean?" Bale says. "It doesn't matter that he talks about it. It's like, come on, guys, just shut up. Just get on with it and live your lives and stop whining about it. I prefer not to whine about it." Duly noted.

Oh, and don't expect him to re-team with Terminator Salvation director McG again anytime soon. "There's a lot of room for many approaches and many characters within the film industry," Bale says. "I won't be working with him again, but I wish him very well. OK?" And that is what Bale being diplomatic sounds like.

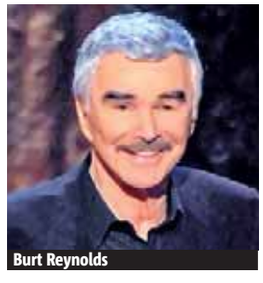
Reese Witherspoon

Don't lay any sweetheart lines on Reese

Guys, seriously. Cut it out. Reese Witherspoon is totally not America's sweetheart. "I certainly don't self-identify as anyone's sweetheart," she tells Glamour. "I'm friendly, but I don't think I'm sweet. I'm honest." Yeah, but come on. That's totally something America's sweetheart would say.

Make out like a Bandit with Burt Reynold's muscle car

Want to own a piece of movie history? Well good news, because Burt Reynolds is looking to get rid of some stuff. His 1978 black Trans Am from the Smokey and the Bandit films is going up for auction next month along with a bunch of beauties from the Wellborn Musclecar Museum. This item in particular, personally owned by Reynolds, features portraits of his film alter ego embroidered into the headrests, a CB radio and the personalized licence plate BANDT22. Just don't expect cops to look the other way if you're going even a little too fast.



Burt Reynolds

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08919667

Martinique, c'est magnifique!

French district. The safest Caribbean island is rich in history and natural beauty

KATHY BUCKWORTH
life@metronews.ca

Fort Saint Louis is a working military fort located in Fort-de-France and only opened to the public this year. ISTOCK

"Martinique is not for tourists; it is for travellers," says our guide as we make our way through the winding, hilly roads of this French Caribbean island.

Martinique is to France as Hawaii is to the U.S. This island "outpost" is a district of France, and its approximately 400,000 inhabitants live under French law. Proud to have been anointed the safest Caribbean island in recent years, the island has a distinctive French flair which is uniquely blended with the island culture.

Peak travel times from Canada are December to March. Flights are direct from Montreal (Air Canada), or through Miami (American Airlines). The island is also busy during July and August, when the French take summer holidays. French is the official language of Martinique, with Creole as the unofficial, more casual language.

Most cruise lines visit Martinique, with Disney the latest to announce their Wonder ship will begin stopping there early 2016.

Entering Martinique is a breeze compared to many Caribbean islands. Passport control is quick and easy and there is only one luggage belt. Upon leaving the airport, you can either rent a car, or take a "Collective Taxi." Many people rent as cars drive on the North American side, but due to the extremely hilly roads, it is recommended that you hire an automatic transmission car.

There is surprisingly only one resort chain in Martinique: Club Med, which established its first club here in 1969. Throughout the island there are locally owned, smaller hotels and boutique resorts, all of which have their own particular charm.

An additional option in Martinique is the over 500 units available for rental through Airbnb (airbnb.com). There are many vacation home options available on the island.

There are fantastic natural and historic sites for families to visit, including Emerald Estates — a natural regional park opened just five years ago. Its goal is to preserve and promote the natural and cultural history and conservation of the island.

Fort Saint Louis is a working military fort located in Fort-de-France. Opened to the public for the first time in July, guided tours take visitors through the working fort, which was built originally in the 1600s, but expanded in the 1800s.

A special feature of the fort is the hundreds of iguanas, who got their start on the island thanks to a zoo built in the fort in the 1950s. The zoo was dismantled, but 30 of the iguanas escaped and have continued to multiply.

No trip to Martinique is complete without trying the local specialties.

A spice mixture called Colombo is a blend of seven different spices and has the taste of a rich, milder curry. It is used predominantly on chicken, but you can also find it on shellfish and other dishes. Bite-sized fried cod fritters are a typical appetizer before a meal, and octopus is served frequently, either grilled or deep fried. Cod originally came to Martinique from Canada in return for sugar cane as part of a trade route. Thanks to the French influence, desserts are chocolate, whipped cream pastries and other confections.

There are 11 rum distilleries on the island, and of particular note is the Clement, where guests can stroll through displays, homesteads and working machinery, as well as inhale the scent of thousands of barrels aging rum, soaking in a big part of Martinique's history. Martinique, c'est magnifique.

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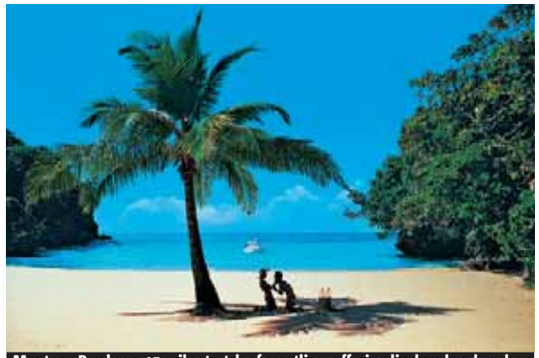
Montego Bay has a 15-mile stretch of coastline, offering lively urban beaches and secluded white-sand strands. JAMAICA TOURISM BOARD

Adventure sports are easily accessible from Montego Bay, such as swimming in waterfalls or spelunking in caves. JAMAICA TOURISM BOARD

While Montego Bay is Jamaica's resort capital, there is more to do here than lie on the beach with a rum punch working on your tan (although that's not such a bad option).

As a centre for music, culture and food — and a launching point for adrenalin-pumping adventure — there is something that will appeal to everyone from families to honeymooners.

"We are on target this year to welcome the most visitors from Canada we've ever had," said Philip Rose, regional director for Canada with the Jamaica Tourist Board.

While he attributes this to the island's diversity of offerings, he said airlines and tour operators have also increased their service to Montego Bay.

To accommodate these visitors, more than 1,400 new or refurbished hotel rooms are being added this year, from five-star resorts to boutique, eco-friendly and budget-friendly options — many built on 19th-century sugar plantations.

One would be remiss, of course, not to visit the beach — Montego Bay has stunning beaches, backed by picturesque mountains. And a walk along Hip Strip offers beach culture with a variety of restaurants, shops and nightlife. To party with the locals until sunrise, head to Pier One, which is a "party beyond words," Rose said.

Foodies might fly here just to sample the jerk chicken, pork and seafood — a seasoning combination of pimento and scotch bonnet pepper. For hard-core jerk fans, the Jamaica Jerk Trail is a self-guided culinary tour that includes 22 stops at the island's top jerk joints and pork pits.

"You have to go to Scotchies," Rose said. "It's a hole-in-the-wall restaurant that has fantastic jerk chicken and pork."

Or head to dinner on a deck under the stars at The Houseboat Grill, moored at the Montego Bay Marine Park Fish Sanctuary.

While Kingston is home to the Bob Marley Museum, visitors can hear reggae all over the island. Reggae Sumfest is the largest music festival in Jamaica, which takes place mid-July in Montego Bay.

Visitors can also tick a few items off their bucket list, such as swimming with dolphins at Dolphin Cove, where they can also take in live reggae music, glass-bottomed boat tours, and shark and stingray excursions.

Bottoms up

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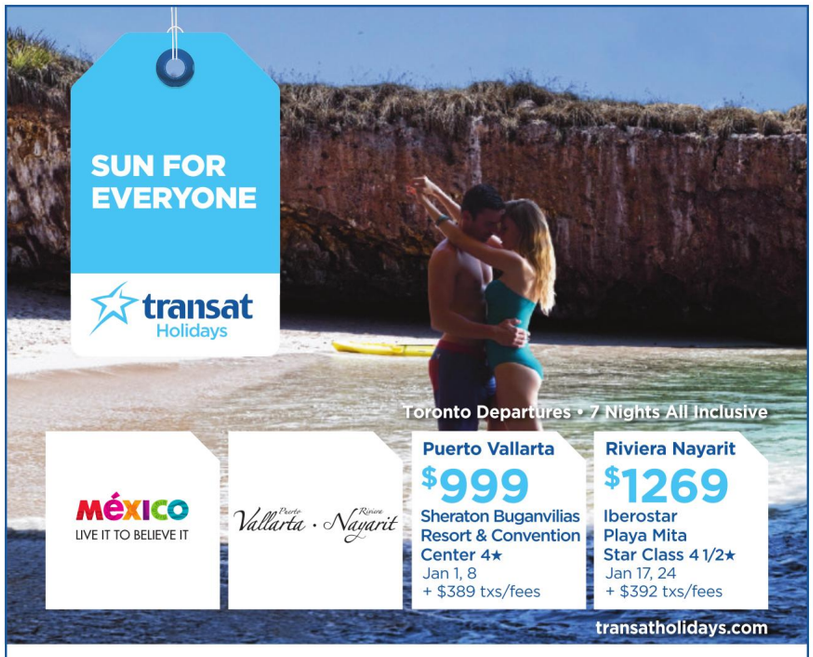

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Holiday fun

Festivals to get you in the holiday mood

ON THE MOVE
Loren Christie
life@metronews.ca

Toronto's Cavalcade of Lights. TORSTAR ARCHIVE

Looking for ways to get in the holiday spirit? A visit to one of these festive destinations will help you get your jingle on.

The Halifax Citadel National Historic Site is the perfect place for Haligonians to get a taste of Christmas past. Visitors can take in the Soldier's Christmas Play, shop for crafts, enjoy hot cider and take in live holiday music with the 78th Highlanders. A stroll along the city's waterfront offers stunning views of the harbour especially at night with the naval ships dressed from bow to stern in holiday lights.

The opening of Toronto's Cavalcade of Lights this past weekend means the square in front of city hall is now illuminated with thousands of twinkling bulbs. Rent some skates, do a few spins on the rink below the skyscrapers and soak up Christmas in the big city. Then head over to the historic Distillery District and visit the Lowe's Toronto Christmas Market running until Dec. 21. The entire area is decked out with lighting and decor displays, roving carolers and traditional wooden booths selling locally handcrafted goods and Christmas themed foods from countries like Holland and Germany where the tradition of Christmas markets began.

Vancouver's Carol Ships Parade of Lights has been a tradition for more than 50 years. Every night during December some 80 boats strung with 100,000 lights sail around False Creek, Deep Cove and Port Moody. Dinner cruises are available on some of the ships, or you can watch from shore. Vancouver also has a Christmas market located on the outdoor plaza at the Queen Elizabeth Theatre. It runs from now right up until Christmas Eve at 6 p.m. Enjoy festive food, entertainment and do your holiday shopping while strolling through romantic rows of decorated wooden huts.

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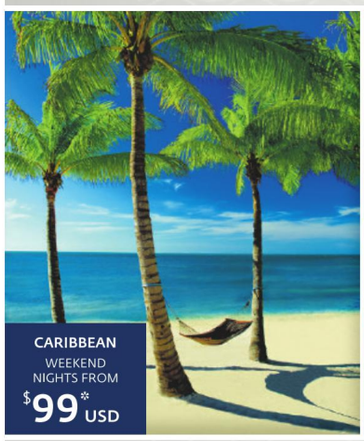
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Enjoy spoonfuls of Tuscan inspiration

This recipe makes eight servings. EMILY RICHARDS

Hearty Tuscan Soup.

You can make this simple dish on the stovetop or in your slow cooker

DINNER EXPRESS
Emily Richards
food@metronews.ca

As December hits, we often get lost in the bustle of holiday prep. But don't forget to feed yourself and your family in between trips to the mall.

Prepare ahead and do some grocery shopping so you have staples on hand to create hearty delicious dinners that you'll be able to make throughout the week.

Planning can be the hardest part, so sit down on the weekend and pick a few recipes that fit your budget and taste and make a grocery list.

Then shop and stock your pantry and refrigerator for the week ahead.

There will be no excuse for not having dinner when you can put it together with what's already in the house.

Post the recipe of the day on your fridge so whomever gets home first can start chopping and getting things ready.

This soup is a great fit for using pantry staples.

As a bonus you can cook it in the slow cooker! If you're making it in the slow cooker, combine all the ingredients in the slow cooker and cook on Low for six to eight hours or on High for three to four hours.

For a frozen vegetable option you can omit the frozen spinach and add two cups (500 ml) of your favourite frozen mixed vegetables.

Ingredients

- 1 tbsp (15 ml) extra virgin olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 2 tsp (10 ml) dried oregano
- 1 tsp (5 ml) dried basil leaves
- 1/2 tsp (2 ml) hot pepper flakes
- 1/2 cup (125 ml) brown rice
- 1 can (28 oz/796 ml) stewed tomatoes
- 3 cups (750 ml) sodium reduced chicken or vegetable broth
- 1 can (19 oz/540 ml) mixed beans, drained and rinsed
- 1 pkg (10 oz/300 g) frozen chopped spinach

1. In pot, heat oil over medium heat and cook onion, carrots, celery, garlic, oregano, basil and hot pepper flakes 5 minutes or until softened. Stir in rice.

2. Add tomatoes, chicken or vegetable broth, mixed beans and spinach; bring to boil. Cover and simmer for about 35 minutes or until rice is tender.

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Take some time to assess your tardiness

Career. If you are constantly playing catch up with the professional clock, you may want to sort out your schedule

LAUREN MARINIGH
TalentEgg.ca

Your morning alarm goes off — and before you know it, you've pressed snooze 12 times and you now have five minutes to get ready and get yourself to work.

You may have heard that there are three types of people: the ones who are always 10 minutes early, the ones who are always late, and the ones that show up just in the nick of time. The truth is, anyone can easily be the type of person who is early or on time. It just takes a change in the factors that are always making you late to begin with. Here are some tips that can help you be a more prompt person.

Use technology

For chronically late people, setting alarms and/or reminders for everything in your phone and computer can make a big difference.

Even if you don't have trouble remembering engagements, being forced to set an alarm creates a good opportunity for you to reflect on the amount of time you'll need to prepare and travel to your appointment. Commit yourself to doing this for everything, and soon it will become second nature.

Tip: This may seem a little drastic, but you can try a time-honoured solution and put your watch forward. If you're always 15 minutes late, set them 15 minutes ahead. This way when you glance at a clock, you'll mentally think you have to be somewhere now.

Manage your commitments

Frequent lateness can also be a product of an over-stuffed schedule. Recognize that you aren't a superhero and can't do everything. When scheduling appointments, meetings and activities with friends, add extra time to each activity. Monitor how your estimates align with what actually happens.

You may find that you routinely underestimate particular activities more than others — noting these habits will help you compensate in the future.

Tip: Having trouble getting started? Begin by limiting the number of activities you take on in a given day, which may make it easier to pinpoint where you're going wrong.

Schedule for delays or plan to be early

If you live within a city, traffic can be a big problem. If you live in a less urban area, getting stranded by car trouble is always a possibility. Make sure to incorporate this into your scheduling. Leave additional time in case there are delays with traffic or public transportation. You might find that your planning and time management skills are just fine — it's just transportation messing up your schedule.

Tip: Check social media or traffic and transit websites when you first wake up in the morning. If there's a delay, you can plan accordingly — and let people know in advance.

Wouldn't it be nice to stroll to work for once, rather than speed? ISTOCK

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COLLÈGE BORÉAL

Third stroke

Gordie Howe hospitalized again

Gordie Howe has suffered his third stroke since late October and was hospitalized early this week, his daughter said Tuesday.

Cathy Purnell said her father suffered a "significant stroke" on Monday. Howe was stable and "a little bit alert" Tuesday morning. THE ASSOCIATED PRESS

NHL

Brodeur lands spot in St. Louis

Martin Brodeur wanted to keep playing and the St. Louis Blues needed some help in net.

The Blues signed the 42-year-old Brodeur to a one-year contract, picking up the NHL's leader in wins and shutouts while Brian Elliott is out with a knee injury. Coach Ken Hitchcock has said Elliott is week to week. THE ASSOCIATED PRESS

More at metronews.ca

Go to metronews.ca for results from Tuesday night's Leafs-Stars game in Toronto and the Raptors-Kings game in Sacramento.

Jason Spezza shoots on Jonathan Bernier on Tuesday night. GETTY IMAGES

Raptors have no regrets a year after Gay trade

NBA. Toronto has East's best record since franchise-altering move last December

The Ritz-Carlton at Marina del Ray in Los Angeles is a lovely and posh hotel, set back from the road, looking down on the water, a quiet and tranquil location.

It's a perfect spot to relax while getting ready to prepare for the grind of the workaday world and that's just what coach Dwane Casey was doing there almost a year ago.

It was a sunny Sunday, Dec. 8, 2013, a day that would alter Raptors history.

"I was sitting in my room when Masai (Ujiri, the Raptors GM) called and it was a day that I won't forget," Casey said.

"He called and he said, 'We just traded Rudy (Gay) and Aaron Gray and Quincy (Acy),' and I'm sitting there getting ready for the Lakers with Kobe (Bryant) coming back and all that show. There's very few things you remember in life and that moment I remember like it was yesterday."

So does every Raptors fan and player.

After days of negotiations, Ujiri shook up the Raptors like they'd seldom been shaken before, moving Gay, Gray and Acy to the Sacramento Kings for Patrick Patterson, Greivis Vasquez, Chuck Hayes and John Salmons. It set the franchise on a course nobody saw coming.

It was a seismic shift, a huge gamble and, almost a year to the day later, looks like the signature move of Ujiri's career.

"For me, believe it or not, I looked at it as, 'Hey, this is an opportunity to really try to mould this team,'" says Casey. "We were a young team at the time, we didn't know which way we were going to go, were we going to go down low or were we going to take off.

"We took off, guys committed to everything, they did a great job of playing hard, playing committed, playing together. We established our identity at that time of playing hard."

And winning.

Since that Sunday, the Raptors had a 52-26 record going into Tuesday night's game in Sacramento, the best record in the Eastern Conference in the same time frame.

And the Kings are better, too. Gay signed a new three-year, $40-million contract with Sacramento and is a key part of the Kings' 9-8 start in the ultra-tough Western Conference.

But Gay's departure from Toronto created the room the team needed to grow.

"It helped the pecking order of who went where," said Casey.

"It was a great move by our management to get that done because it really reshaped our organization."

TORSTAR NEWS SERVICE

Pat's perspective

"It's 15 unselfish guys, 15 guys who put everyone else before themselves."

Patrick Patterson who came to Toronto in last December's blockbuster deal that sent Rudy Gay to Sacramento

The Raptors faced a tough matchup in former teammate Rudy Gay's Kings on Tuesday night in Sacramento. Go to metronews.ca for results from the East-West clash. THEARON W. HENDERSON/GETTY IMAGES

4 SPORTS

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LGBTQ. Canadian Olympic Committee goes all out

The Canadian Olympic Committee has entered into a partnership with leading lesbian, gay, bisexual and transgender organizations as it aims to protect and support LGBTQ athletes, youth and coaches in sport and schools.

The initiatives, announced Tuesday at PrideHouse Toronto, also include updating anti-discrimination language within the COC Articles and introducing LGBTQ-specific educational resources for its national in-school program, which will be promoted by Canadian athletes.

A memorandum of understanding was also signed between the COC, the You Can Play project and Canadian charity Egale, organizations that promote LGBTQ equality in sport. It's part of a COC plan to foster a broader conversation around LGBTQ issues with athletes, coaches, corporate and media partners and the broader sport community around the country.

"It's time to do something now," said Canadian women's hockey goalie Charline Labonte. "I think that's why it's good timing: we're ready, society is ready. It's just about raising awareness with the next generation so we don't have to hide who we are and you can feel safe in an environment, even in sports or at school.

"So it's just to help out people for a better life."

Labonte, who won a gold medal at the Sochi Olympics earlier this year, came out last June. She said she's proud that the COC is taking a proactive approach with Tuesday's announcement.

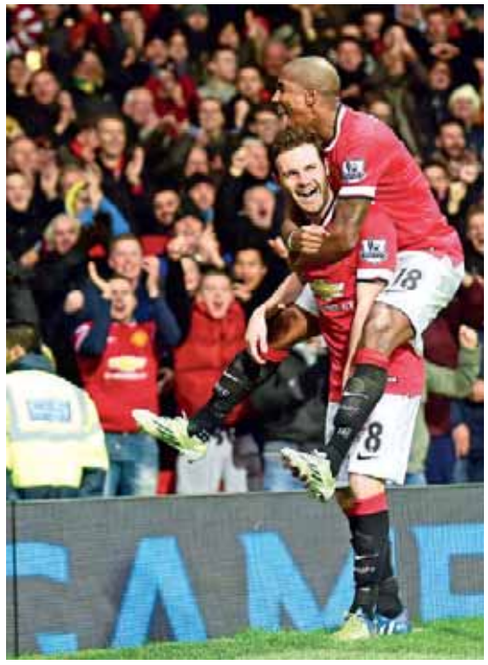
"It's not always easy to be the first one to voice something like that," Labonte said.

THE CANADIAN PRESS

Standing out

"Some countries have already contacted us to say that they are really impressed ... and they want to get involved as well."

Olympic hockey goalie Charline Labonte



Up, up and away!

Manchester United's Ashley Young jumps on Juan Mata after the Spanish midfielder scored against Stoke City on Tuesday at Old Trafford in Manchester, England. United kept up its resurgent form with a 2-1 win, their fourth straight Premiership victory. PAUL ELLIS/AFP/GETTY IMAGES

Shannon Szabados. Goalie named player of the week

Goaltender Shannon Szabados, a two-time Olympic gold medallist with Canada's women's hockey team, has been named the Southern Professional Hockey League's player of the week.

Szabados went 2-0-0 with a 1.49 goals-against average and a .963 save percentage last week for the Columbus Cottonmouths. She also assisted on an overtime goal last Tuesday in a 2-1 win over the Fayetteville FireAntz. THE CANADIAN PRESS

Shannon Szabados GETTY IMAGES FILE

Suspended till March

No testimony from Peterson at NFL appeal

Adrian Peterson did not testify at his appeal hearing Tuesday, says a person familiar with the case.

Peterson left without comment after spending more than three hours at the hearing.

THE ASSOCIATED PRESS

Off intensive care

Soccer great Pele 'getting better'

Pele has been taken off intensive care as his condition improves, a Brazilian hospital said on Tuesday.

"Pele is getting better" and "walking around" the room, the hospital added. He remains off the hemodialysis treatment that was needed to support his only kidney. THE ASSOCIATED PRESS

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2014-15 Mazda CX-5

- **Type.** Four-door, front- or all-wheel-drive compact SUV
- **Engines.** 2.0-litre four-cylinder (155 hp); 2.5-litre four-cylinder (184)
- **Transmissions.** Six-speed automatic (six-speed manual available with 2.0-litre)
- **Price.** $22,995 base, $28,795 as-tested

Market position

The CX-5 replaced Mazda's CX-7, a slightly larger and much heavier model that offered a thirstier turbocharged engine. The more fuel-efficient CX-5 is far better positioned in a crowded segment where mileage is an important consideration for buyers.

Points

- Mazda has added SkyActiv fuel-saving technologies on its vehicles as they are updated, but the CX-5 is the first model to get all of them.
- An auto-brake system that applies the brakes if the SUV is about to hit another vehicle can be optioned on the GT.
- The GS and GT rear seat folds 40/20/40, so you can carry long items and still have room for two passengers.

Controls in the CS-5 are easy to use, except for the start button.

Interesting features

Available bi-xenon headlamps, rain-sensing wipers, navigation, Bluetooth with text message function, blind-spot monitoring system, and a crash-avoidance auto-braking system.

Add pepper for extra sizzle

Review. Peppy 2.5-litre engine makes Mazda CX-5 much more fun to drive than with base 2.0-litre powerplant

JIL MCINTOSH
drive@metronews.ca

PHOTOS: JIL MCINTOSH

Fuel economy is an essential consideration in a vehicle, but it has to be balanced with performance. Mazda discovered that the hard way when it introduced its CX-5 with a 2.0-litre engine that sipped fuel but could be sluggish, especially in heavy traffic.

That engine is still available, but Mazda has now added a peppier 2.5-litre four-cylinder that is still efficient (I averaged 9.9 L/100 km in cold weather), but makes it far nicer to drive.

For 2015 models, the base GX still uses the 2.0-litre, in front- or all-wheel drive, starting at $22,995. The mid-range GS uses the 2.5-litre and comes in FWD or AWD. My AWD GS tester rings in at $30,895. You can also get the GT, which comes in AWD only, starts at $33,495, and adds such features as leather upholstery and dual-zone climate control.

The bigger engine makes 184 horsepower, which is almost 30 more than the 2.0-litre. The CX-5 also has all of Mazda's SkyActiv technology, which includes direct gas injection, lightweight construction and optimized transmission performance for better fuel economy.

Mazda is known for its sporty handling, and the CX-5 delivers, with quick response and pleasantly light steering. There's none of the tiring over-eagerness some sportier models can exhibit.

The interior offers comfortable seats, with three-stage heating and power driver's adjustment, and the rear chairs are roomy and fold flat for extra cargo space.

I like the heater's simple dial controls, and the stereo is easy to use. But the engine start button is wedged in behind the wiper stalk where it's tough to reach, and only the driver's window button is backlit, so at night you have to fumble to find the lock buttons and mirror switch.

Of course, some drivers may prefer the smaller engine, so test-drive it in case it is the one for you. But if it leaves you wanting more, take out the GS or GT models with their larger powerplant. I think you'll be pleasantly surprised.

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1 Volkswagen Tiguan
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2 Nissan Juke
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3 Mitsubishi RVR
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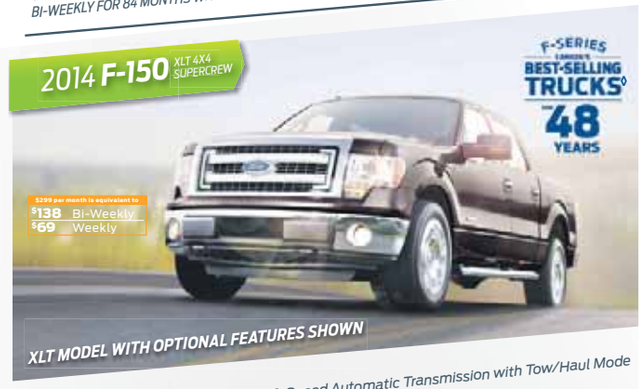

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Retail offers not combinable with any CPA/GPO or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). *Until January 2, 2015, receive 0% APR purchase financing on new 2015 Escape models for up to 36 months, 2014 Edge models for up to 60 months, and 2014 Focus, C-MAX, F-150 (excluding Regular Cab XL 4x2 Value Leader and Raptor) and 2015 Fiesta and Fusion models for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 36/60/72 months, monthly payment is $694.44/$416.66/$347.22; cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment may be required based on approved credit from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 36/60/72 months, monthly payment is $694.44/$416.66/$347.22; cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment may be required based on approved credit from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: [2015/2015/2014/2014] Ford Fusion S/Fusion Titanium/Focus SE Sedan M/T/Focus ST] for [$22,999/$24,999/$18,999/$30,899] [after [$0/$0/$0/$0] down payment or equivalent trade-in, and [$5,300/$5,300/$5,675/$7,750] Year-End Cash deducted] purchase financed at [0.99%/0.99%/0.99%/0.99] APR for [84/84/84/84] months; monthly payment is the sum of twelve (12) monthly payments divided by 26 periods; bi-weekly payment of [$128/$194/$108/$176]; interest cost of borrowing is [$3,800/$1,208/$672/$1,008] or APR of [0.99%/0.99%/0.99%/0.99%] and total to be repaid is [$22,299/$39,676/$19,656/$32,032]. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include Freight and air tax and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Until January 2, 2015, lease a new 2014 Ford F-150 XLT SuperCrew 4x4 (300A Package) for up to 24 months, and get 0% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease a new 2014 F-150 XLT SuperCrew 4x4 (300A Package) with a value of $35,059 (after [$2,575] down payment or equivalent trade-in and $5,300 Year-End Cash deducted and including freight and air tax of [$1,840]) at 0% APR for up to 24 months with an optional buyout of $21,633, monthly payment is $299, total lease obligation is $28,751, interest cost of leasing is $0 or 0% APR. ‡Until January 2, 2015, lease a new 2014 Ford F-150 XLT SuperCrew 4x4 (300A Package) for up to 24 months, and get 0% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease a new 2014 F-150 XLT SuperCrew 4x4 (300A Package) with a value of $35,059 (after [$2,575] down payment or equivalent trade-in and $5,300 Year-End Cash and $3,700 Ford Credit Lease Cash deducted and including freight and air tax of [$1,840]) at 0% APR for up to 24 months with an optional buyout of $21,633, monthly payment is $299, total lease obligation is $28,751, interest cost of leasing is $0 or 0% APR. ≠Offer includes $4,250 Year-End Cash on new 2014 Escape S (300A) models, $500 Year-End Cash on new 2015 Fusion S models, $750 Year-End Cash on new 2014 Focus SE models, $5,300 Year-End Cash on new 2014 F-150 XLT SuperCrew 4x4 (300A Package) models, $5,675 Year-End Cash on new 2014 F-150 XLT SuperCrew 4x4 (502A Package) models, $7,750 Year-End Cash on new 2014 F-150 Platinum SuperCrew 4x4 models, $2,000 Year-End Cash on new 2014 Edge SE models, $3,000 Year-End Cash on new 2014 Edge SEL models, $4,000 Year-End Cash on new 2014 Edge Titanium models, $4,000 Year-End Cash on new 2014 Explorer XLT models, $5,000 Year-End Cash on new 2014 Explorer Limited models, $4,000 Year-End Cash on new 2014 Explorer Sport models, $4,000 Year-End Cash on new 2014 Explorer Platinum models, $2,000 Year-End Cash on new 2014 Transit Connect models, $3,000 Year-End Cash on new 2014 Transit Wagon models, $3,000 Year-End Cash on new 2014 Transit Cargo Van models, $3,000 Year-End Cash on new 2014 Transit Crew Van models, $3,000 Year-End Cash on new 2014 Transit Chassis Cab models, $3,000 Year-End Cash on new 2014 Transit Connect Wagon models, $3,000 Year-End Cash on new 2014 Transit Connect Cargo Van models, $3,000 Year-End Cash on new 2014 Transit Connect Chassis Cab models, $3,000 Year-End Cash on new 2014 Transit Connect Crew Van models, $3,000 Year-End Cash on new 2014 Transit Connect Electric models, $3,000 Year-End Cash on new 2014 Transit Connect Wagon XLT models, $3,000 Year-End Cash on new 2014 Transit Connect Cargo Van XLT models, $3,000 Year-End Cash on new 2014 Transit Connect Chassis Cab XLT models, $3,000 Year-End Cash on new 2014 Transit Connect Crew Van XLT models, $3,000 Year-End Cash on new 2014 Transit Connect Electric XLT models, $3,000 Year-End Cash on new 2014 Transit Connect Wagon Titanium models, $3,000 Year-End Cash on new 2014 Transit Connect Cargo Van Titanium models, $3,000 Year-End Cash on new 2014 Transit Connect Chassis Cab Titanium models, $3,000 Year-End Cash on new 2014 Transit Connect Crew Van Titanium models, $3,000 Year-End Cash on new 2014 Transit Connect Electric Titanium

European flair recharges stodgy van scene

Autopilot. Traditional North American panel vans are being kicked to the curb by stylish and practical Euros

AUTO PILOT
Mike Goetz
drive@metronews.ca

A new breed of Eurocentric models has suddenly taken over the panel van scene.

The Scooby Doo gang is still sticking with its old-school Mystery Machine. But most other full-size van users, particularly those who need them for business, have been thrilled to make the switch to the new styles.

And who could blame them? The traditional panel van, as designed and built by GM, Ford and Chrysler, has barely changed in basic proportions and structure since the 1960s — heavy body-on-frame construction, one-size roof that makes it hard to stand up inside, poor fuel efficiency and handling, etc.

The new vans from Asia and Europe come from designs prioritized more for commercial use.

Dodge stopped making its Ram van years ago. As Ford's E-Series (a.k.a. Econoline) heads into its third decade, it is now only available as a heavy-duty chassis cab cutaway. GM's Savana/Express combo is still around but, starting in 2015, will only be available in heavy-duty versions — no more light-duty 1500 series.

These vans have all been replaced, or soon will be, by models and designs sourced from other world markets, where they have already proven their worth.

See the fact box for a full list, but a special nod has to go to the Mercedes-Benz Sprinter, which started this new wave back in 2004, when it was first sold here as a Dodge model.

Ram's new ProMaster City compact van will be available in both cargo and passenger configurations. CONTRIBUTED

It came at a premium price but convinced everyone it was the way to go, with its efficient diesel powertrain, and its greater flexibility and utility. The taller and longer Sprinter offered several wheelbase and roof-height configurations to fit just about any application. They are also easier to outfit and load, and drive better.

And you can stand up inside! If you're in and out of the van all day, that's a huge benefit to human efficiency and neck muscles.

Of course they haven't been put through the wringer of popular culture, like the old-style vans have for decades. I'm not sure these new ones lend themselves to hot-rodding and customizing and personalizing, so we may be losing a cool vehicular canvas.

Van evolution

The wave of Euro vans really took off this year.

- Dodge Sprinter, 2004, RWD, full-size
- Ford Transit Connect, 2010, FWD compact
- Nissan NV, 2012, RWD full-size
- Nissan NV200, 2013, FWD compact
- Ram ProMaster, 2014, FWD full-size
- Ford Transit, 2015, RWD full-size
- Ram ProMaster City, 2015, FWD compact
- Chevrolet City Express, 2015, FWD compact
- Mercedes-Benz Citan, 2015, FWD compact

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Your emotions may fluctuate today but nothing bad will come of it as long as you refuse to attach too much importance to the way you feel.

♉ Taurus
April 21 - May 21
If someone has been taking advantage of your good nature, you must cut them out of your life. They will see you are serious and will come back begging for your forgiveness.

♊ Gemini
May 22 - June 21
Your present location may seem exactly right for you but when Mars changes signs tomorrow new options will present themselves and you will start to think about making a move.

♋ Cancer
June 22 - July 23
You may not feel at home with a certain group of people but what you learn from them will make other areas of your life so much easier to deal with. You are about to gain a new perspective on an old problem.

♌ Leo
July 24 - Aug. 23
Focus your mind on partnerships and you will find there is plenty to be positive about. A relationship is about to enter a more passionate phase.

♍ Virgo
Aug. 24 - Sept. 23
The task you have to set for yourself may seem daunting but it is only your negative attitude that makes it so.

♎ Libra
Sept. 24 - Oct. 23
If you hope for the best today, you will get it. What you need to realize is that you always attract into your life the kind of luck you think you deserve.

♏ Scorpio
Oct. 24 - Nov. 22
Don't deny yourself anything over the next 24 hours. If you crave something let yourself have it. There may be a touch of guilt involved but that will only add to your enjoyment.

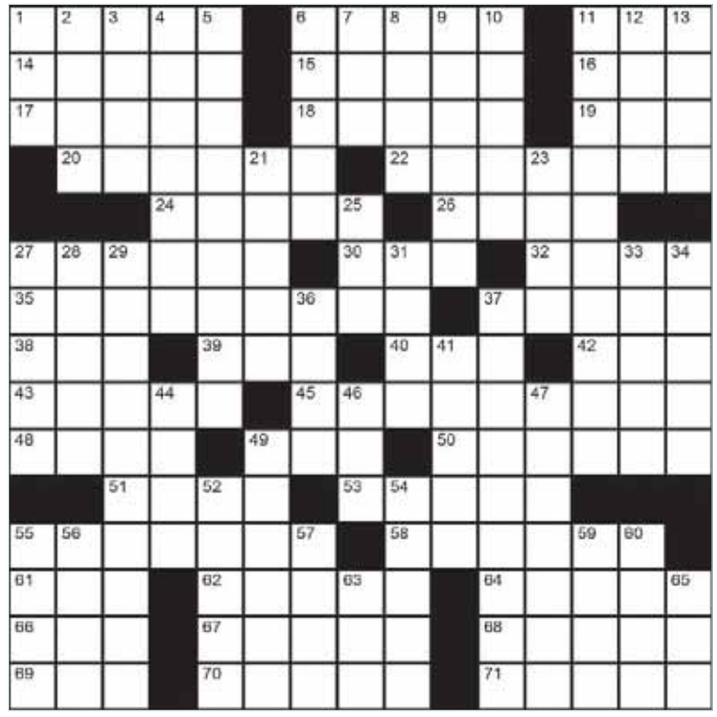
♐ Sagittarius
Nov. 23 - Dec. 21
You can find it hard to apply yourself to routine tasks and that will be even more of a problem than usual today and tomorrow. If you feel the need to get out into the world and explore then do so.

♑ Capricorn
Dec. 22 - Jan. 20
Attitude is everything today and if you approach a troublesome situation in a negative frame of mind you will probably find yourself on the losing side.

♒ Aquarius
Jan. 21 - Feb. 19
Mars, planet of energy and ambition, moves into your sign tomorrow, so start thinking about what you would like to change in your life because you will soon get the chance.

♓ Pisces
Feb. 20 - March 20
Are your expectations realistic? Think about it because over the next few days your goals are sure to be challenged.

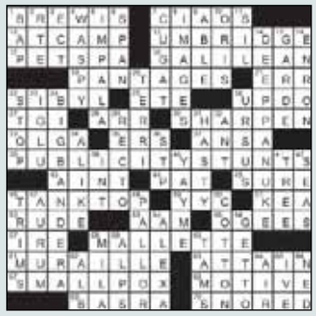
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Odyssey's prequel
6. Canadian actress Ms. Reid
11. Winnipeg Jets home, ___ Centre
14. Actress Ms. Gaynor
15. Lend __ (Listen): 2 wds.
16. Ottawa, e.g.
17. Rockies toppers
18. Resulted in: 2 wds.
19. Quid Quo link
20. Rascal __ (Country band)
22. #50-Across accessory: 2 wds.
24. "The Rare __"
26. "__, vidi, vici."
27. __ de justice (Montreal courthouse)
30. __ v. Wade
32. Flair
35. It's wheely fun at the gym: 2 wds.
37. Ms. Blair
38. Mr. Linden
39. Mr. Bachman
40. Musical note
42. Li'l lengths
43. Citric, and others
45. Ontario: __ Island (Attraction on Georgian Bay)
48. "What are __ __ do then?"
49. Sheep's sound
50. Mr. Snowman
51. Conceal
53. Little write-up
55. Fighting punch: 2 wds.
58. Cover stories
61. Helios' 'H'
62. Symbols
64. It shines brightly in Cygnus
66. Q. "What goes before 'E' except after 'C'?" A. "__ '_'."
67. Musical group of nine
68. Musical grinder
69. Way out
70. Eats at
71. Spiral-horned antelope

Down
1. Pixie
2. Poet's 'willingly'
3. Romance lang.
4. "Harry Potter and the Prisoner of __" (2004)
5. City zones
6. Made up
7. 'Alp' suffix
8. Brit. word/reference works
9. "O Canada! / Our home and __ land!"
10. Have ___ in the movie
11. Winnipeg: __ Street Station Casino
12. Scarlett's home
13. Detect
21. 'Mechanical Resonance' band
23. Bendable leg region
25. Pros on CTV's "Saving Hope"
27. "Yeah, right!"
28. Rapidly
29. Concert tour for female musicians founded by Sarah McLachlan: 2 wds.
31. Winter Olympics city in 1952
33. "Are too!" comeback: 2 wds.
34. Wicked
36. A, in communications
37. Community in western Manitoba
41. Atrocious
44. DIY = __ __ Yourself
46. Sci. workplace
47. Joni Mitchell's "Raised on __"
49. Lighthouse
52. Nightclub music gig
54. Holds up
55. Toronto hockey player
56. Poem by Matthew Arnold, Empedocles on __
57. __ fide
59. Ms. Swenson of "Benson"
60. Heidi Klum's ex
63. NYC part
65. Passed in1867, it made Canada [acronym]

Yesterday's Crossword

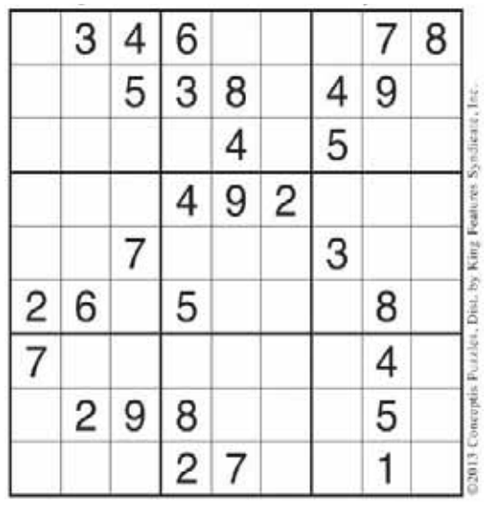


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

6	2	8	9	1	4	3	7	5
7	3	9	5	2	8	6	1	4
1	5	4	6	3	7	9	2	8
4	1	7	2	6	3	5	8	9
2	9	6	1	8	5	7	4	3
5	8	3	7	4	9	1	6	2
9	6	1	4	5	2	8	3	7
8	7	2	3	9	1	4	5	6
3	4	5	8	7	6	2	9	1

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